

Happy Holidays



Tis the Season

Holiday time is full of family, parties, and food—often lots of food. It's hard to avoid the holiday sweets that will be around until we get past the New Year. Here are some tips to help you keep your diabetes plan intact.

1. Have a Plan to Stay on Plan

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Holiday parties can have many temptations—so volunteer to bring a healthy dish that everyone can enjoy.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal. So that means count sweets and treats as part of your carbohydrate budget — not in addition to it.
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.
- Keep alcohol intake at a moderate level, and be sure to have it with a meal. (Refer to alcohol chart)
- Plan to stay on top of your blood sugar. Check it more often during the holidays, and if you are not within your goal range, ask your doctor if your insulin or medications need to be adjusted.
- If you slip up, get right back to healthy eating with your next meal.

2. Fit in Favorites

No food is on the naughty list. You can still eat those holiday favorites. Just count the carbohydrate and fit it in your meal plan.

3. Stay Active

You've got a lot going on this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

4. Get Your Rest

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

5. Remember the reason for the season

Put the focus on faith, family and friends and not on food. Enjoy what you do eat. Savor each bite! Most important, remember to include time for things like exercise, meals and relaxation to help keep

Moderate Alcohol Intake

One mixed drink with
• 1.5 fl oz (44 ml)
of 80-proof liquor
(such as vodka,
gin, scotch, bourbon,
brandy, or rum)



5 fl oz (148 ml)
of wine



12 fl oz (355 ml) of
beer or wine cooler



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2 drinks a day
for a man



1 drink a day
for a woman



*Wishing you
happy, healthy
holidays!*



Healthier Pumpkin Pie: Low Calorie & Low Sugar

9 Inch Pie
Prep Time 20 minutes
Cook Time 45 minutes
Total Time 1 hour 5 minutes
Servings 8
Calories 191 kcal
Author Brenda Bennett

Nutrition Facts

Amount Per Serving 1/8 of an
9 inch pie
Calories 191 Calories from Fat 63
Total Fat 7g
Cholesterol 71mg
Sodium 231mg
Total Carbohydrates 26g
Dietary Fiber 5g
Sugars 1g
Protein 6g



Ingredients

- 1 whole wheat pie crust
- 1 can 15 ounce pure pumpkin or 2 cups fresh
- 1/2 cup milk 1%
- 4 beaten eggs
- 1/2 teaspoon salt
- 2 teaspoons vanilla extract
- 2 teaspoons pumpkin spice or mix together nutmeg cinnamon, cloves
- 1 teaspoon vanilla liquid stevia

Instructions

1. Prepare your crust from the next recipe.
2. Preheat oven to 350 degrees.
3. Lay aluminum foil over the pie crust and add pie weights or raw dry beans, about 2 pounds.
4. Spread beans over the bottom of the pie on foil.
5. Place pie plate onto a baking sheet. Bake the crust for 10 minutes then remove the foil and beans and bake another 10 minutes.
6. While the crust is baking prepare your filling. Mix all ingredients together in a bowl.
7. Pour filling mixture into the crust.
8. Bake for 45 minutes -1 hour or until center is set.
9. Cool to room temperature on wire rack.
10. Refrigerate until ready to serve.

Healthier Whole Wheat Pie Crust

Ingredients (makes 2)

- 2 3/4 -3 cups whole wheat pastry flour or white whole wheat
- 1 teaspoon salt
- 1/2 cup oil
- 1 cup milk

Directions

1. Mix flour and salt together in a bowl.
2. Pour milk and oil into a bowl, do not stir. Add all at once to flour. If using whole wheat pastry flour and dough is sticky, add 1/4 cup more flour.
3. Stir until mixed and shape into 2 flat balls. Wrap in plastic wrap and chill for 1/2 an hour.
4. Lay one dough onto plastic wrap, sprinkle some flour on plastic wrap and on top of dough and lay another piece on top. Roll out with a rolling pin as large as your pie dish is.
5. Spray your pie plate with nonstick cooking spray, take the top piece off and flip over into the pie dish, pressing dough all around.
6. Prick the bottom of the dough with a fork. Cut off the excess so the crust is flush with the rim.
7. Save your second dough in the refrigerator wrapped in plastic wrap to use within a few days or roll out into a pie dish following same procedure as above and freeze into a Ziploc freezer bag for another day.

Credits: Sugarfreemom.com



New Classes Starting

We are looking for new participants for our diabetes class. The next series will be starting the second week of January. Spots are limited. Please have new referrals call 361-887-7979 to get pre-registered for the class.